Student Wellness Services



MacEwan Student Centre, Room 370 2500 University Drive NW Calgary, AB, Canada T2N 1N4 ucalgary.ca/wellnesscentre

Mindfulness Home Record Form: Class _____

Record on the Homework Form each time you practice. Also, make a note of any reactions or difficulties that arise from the homework.

Day	Practice	Comments
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		